



Chicken Pot Roast Recipe

Preparation Time	15
Cooking Time	70
Serving Size	20

Ingredients:

- 2 kgs chicken, whole, cleaned and cut into half lengthwise
- 1/4 cup garlic, crushed
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 cup all-purpose flour

- 4 Tbsp butter
- 1 Tbsp oil

- 2/3 cup onion, quartered
- 3 cups carrot, cut into chunks
- 500 g kamote, cut into chunks
- 4 pcs bay leaf/laurel leaf
- 6 tsp worcestershire sauce
- 1 pc chicken bouillon cube
- 1 cup shiitake mushrooms, dried
- 4 Tbsp leeks, sliced
- 1 pouch DEL MONTE Original Style Tomato Sauce (1kg)
- 1 tsp salt
- 1 1/2 cups water

Preparation:

1. Rub chicken with garlic, salt, and pepper. Sprinkle with flour.
2. Heat butter and oil in pan. Brown all sides of chicken. Place in casserole.
3. Add the remaining ingredients. Simmer over low heat for 55 minutes, turning chicken occasionally. To serve, arrange on a platter with sauce and vegetables.

Chef's Tip

Be sure to put a lid on the pot so the chicken cooks evenly from the steam.

Lusog Notes

This Chicken Pot Roast Recipe is high in protein and niacin. Protein is essential for growth and development while niacin helps improve circulation and suppresses inflammation.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot

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